



Chelsea Friends and Family Wellness Coalition

Meeting: October 5th, 2017 at 12:00 pm at 5 Healthy Towns Foundation Conference Room

Attendees: Gary Maynard, Jim Randolph, Shawn Personke, Tim Norwood, Joseph Norwood, Scott Broshar, Amy Heydlauff, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Boy Scout Joseph Norwood will present on his Eagle Scout Project to install a bike rack at the high school and his plans to start a bike to school program (see photo of bike rack placement attached)

- Joseph is a sophomore at Chelsea High School working on his Eagle Scout Project. For the project he is working to purchase and install a new bike rack for the school and initiate a bike to school kickoff event/program to encourage students and staff to be physically active.
- He is hoping to raise \$800 for one bike rack, he is currently at \$715. Possible projects if additional funds are raised include additional bike racks, bike shelter to protect students and bikes from the weather, or materials/support for the bike to school day.
- Coalition members present at the meeting gave unanimous support to reallocate some of the unused funds for the Year 5 Bike Rack Intervention to go towards helping Joseph meet his goal. Coalition also supported providing additional unallocated funding from the Year 5 Bike Rack intervention to purchasing an additional bike rack, bike rack shelter, or programming supplies for the kickoff event if there was a need/interest.
- The coalition also offered their support and guidance to Joseph when planning the kickoff event/ future programming.
- Ashley will email coalition member for additional feedback
- To learn more about Joseph's project visit <https://www.gofundme.com/profile/joseph-norwood-9d3sq>

3. Review of new strategic plan and health data. Set objectives and goals for Year 7 Plan (see strategic plan and health data attached)

- Coalition members reviewed recent health data from the HIP, MiPHY, NEAT, and PAC and compared the data to the current strategic plan. Support from coalition members for walk/bike to school and healthy eating/nutrition programming to be our focus areas for 2018-2019. See suggested edits and additions in red in the strategic plan attached.
- Health Data:
 - Coalition members were most struck by the low percentage of students who walk/bike to school and low percentages for adults and children that consumer 5 or more servings of fruits and vegetables per day.
- Strategic Plan:
 - Goal 1 Objective 1: coalition members recommended omitting this goal as the percentage of adults who reported always or usually getting the social and emotional support they needed was fairly high (88%) in comparison to some of the health data in the other focus area (i.e. Eat Better and Move More)
 - Goal 1 Objective 2: We will need to identify the original statistic for the percentage of high school students who report having felt depressed in the last 12 months



- Based on the health data, coalition members were in favor of updating the current plan to include walk/bike to school programs and increasing adults and child consumption of fruits and vegetables as focus areas for the Year 7 plan. An objective was added to increase the percentage of youth that walk/bike to school through the Safe Routes to School program (see Goal 1, Objective 4). Also to solicit the community for new initiatives related to bike/ walk to school and nutrition programs for the Year 7 plan (see Goal 2, Objective 3, Strategy 1 and Action 1)
- Goal 2, Strategy 1, Actions 3-5: Action items were added to further raise awareness of coalition activities and need for community participation

4. Coalition Brainstorm. New ideas for the Year 7 Plan. Focus areas or specific interventions we want to put a request out for via a press release

- Coalition members were in support of soliciting community input and ideas for new initiatives that would work to increase the percentage of youth that bike/walk to school and the number of adults and children that consumer 5 or more servings of fruits and vegetables per day.
- Shawn Personke will write a draft press release. The draft will be emailed to coalition members for review.

5. Other Items/Announcements

- 5HF is in the process of creating videos and presentation templates to promote our coalitions and many of our 5 Healthy Towns Interventions. Once completed, the videos can be utilized by coalition members to present to other organizations or at community events.

6. Mission Moment

- A “mission moment” is a brief story or example of how your organization is making an impact. We plan to include a “mission moment” as part of our monthly meeting moving forward. Video clips from a few of the Chelsea Friends and Family Wellness Coalition’s interventions served as this month’s “mission moment”

REMINDERS:

- **The next meeting will be November 2nd at Noon in the 5HF Conference Room.**

Upcoming Grant Submission Deadlines:

- December 1st

* Grant applications are submitted through the e-Grant system. This is the application process to release intervention funds from the approved Wellness Plan. Grant cycles run every two months. Intervention leaders will apply for funds according to the dates requested in the intervention table (i.e. date funding required)